

S1 Table: Anthropometric data, fat mass, and strength of participants with and without IBD.

	mean (SD)	
	Without IBD	IBD
Age	53.7 (8.8)	54.0 (8.7)
Grip Strength, kg	23.0 (18.6)	22.6 (19.4)
Height, cm	166.5 (8.8)	165.2 (8.9)
Weight, kg	75.0 (14.8)	77.6 (15.0)*
Waist, cm	92.0 (15.2)	94.3 (15.5)*
Hips, cm	104.6 (12.7)	106.2 (14.1)
BMI, kg/m ²	27.0 (4.4)	28.1 (5.0)*
Waist-to-hip ratio	0.88 (0.09)	0.89 (0.07)
Total fat mass, kg	24.6 (9.1)	26.1 (9.7)*
Trunk fat mass, kg	13.1 (5.0)	13.9 (4.9)*
Arm fat mass, kg	2.6 (1.3)	2.8 (1.4)*
Leg fat mass, kg	9.0 (3.5)	9.5 (3.9)*

Abbreviations: BMI, Body mass index; IBD, inflammatory bowel disease

Data presented as means (SD).

*Indicates significant difference from without IBD (p<0.05).